

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

DIAPHRAGM FACT SHEET

A diaphragm is a reusable dome shaped device made of soft silicone. It has a flexible rim. When properly sized and inserted, it fits snugly over the cervix (mouth of the womb) in order to prevent sperm from entering the cervix. A spermicidal cream or jelly is placed inside the dome and around the rim which aids to block the sperm from entering the cervix (womb). The sperm that is not blocked by the diaphragm is killed by the spermicide.

EFFECTIVENESS:

- The diaphragm is 83-88% effective when used with spermicide as directed.

USE:

- Check before each use to make sure there are no holes, tears, or damage to the diaphragm.
- Wash your hands carefully before inserting the diaphragm.
- Apply spermicidal cream or jelly around the rim and inside the dome of the diaphragm facing or in contact with the cervix.
- Squeeze the rim of the diaphragm between your fingers and insert it into your vagina.
- When the diaphragm is pushed up as far as it will go, the front part should be up behind the bone in front of your pelvis.
- Tuck the front of the diaphragm as far as it will comfortably go.
- Check to see if the cervix is covered. The cervix feels something like the tip of your nose.
- The diaphragm may be inserted up to six hours before you have sex.
- If you have put the diaphragm in more than 2 hours before, be sure to insert a fresh supply of spermicide with an applicator.
- You must also check the position of the diaphragm and add more spermicide before each act of intercourse.
- DO NOT use oil (like petroleum jelly) or silicone-based lubricants; they can damage the diaphragm and decrease its effectiveness. Water based lubricants like K-Y jelly may be used and will not damage the condition of the diaphragm.
- The diaphragm must be left in place for 6 hours after you have sex.
- The diaphragm should not be left in the vagina for more than 24 hours.
- Wash the diaphragm with mild soap and water, rinse thoroughly dry it, and put it back in the case. Do not use a talcum powder on diaphragm while in the case.

BENEFITS:

- Has almost no side effects
- Does not affect your hormonal pattern
- Lowers the risk of cervical cancer and precancerous conditions of the cervix
- Hormone and Latex-Free

DISCONTINUATION:

- If you forget to use the diaphragm or it is placed incorrectly, emergency contraception is available at the Family Planning Clinic and should be taken within 72 hours to prevent pregnancy.
- Fertility returns immediately when you don't use the diaphragm.

SIDE EFFECTS:

- Increased risk of urinary tract infection.
- Yeast infections and bacterial vaginosis.

WARNING SIGNS:

- Sudden high fever
- Vomiting, diarrhea
- Dizziness, faintness, weakness
- Sore throat, aching muscles and joints
- Rash

Nonoxynol-9 (N-9)

Studies have shown that N-9 offers no protection against STIs. In fact, using N-9 many times in a day may even increase the risk of infection.

Products containing N-9 should not be used:

- For anal intercourse
- By women at risk for HIV
- Many times, a day
- To prevent STIs
- By women and men who have allergies to spermicides

Otherwise, products containing N-9 may increase a condom's contraceptive effectiveness.

Remember, Diaphragms do not protect against any sexually transmitted infections, so it is important to use condoms each time you have sex.

PERSONAL HEALTH CENTER
989-758-3870

Visit our website: www.saginawpublichealth.org



This publication was supported by the Office of Population Affairs (OPA) of the U.S. Department, of Health and Human Services (HHS) as part of a financial award totaling \$212,839 with 22.57 percentage funded by OPA/OASH/HHS and \$730,300 amount and 77.43 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by OPA/OASH/HHS, or the U.S. Government. For more information, please visit: <https://opa.hhs.gov/>.

References: Hatcher, R.A., et al, (2018) Contraceptive Technology (21st Edition)
New York, NY: Irvington Publishers, Inc.
**Quality Family Planning Services & Contraceptive Guidelines for Michigan Family Planning
Providers (2023)**

1/07, Rev. 2/09, 10/11, 11/17, 2/19, 6/19, 7/21,8/23